



Five Warning Signs of Domestic Violence

October is Domestic Violence Awareness month in New York and across the nation. As many as one in four women in America experience domestic violence in their lifetimes. It's a problem that affects people across all levels of income, cultural backgrounds and sexual orientations; but recognizing it can be difficult because it doesn't always involve physical violence. Here are some warning signs of domestic violence.

- **Losing Touch with friends or family:** Abusers often try to control their victims by keeping them isolated and away from friends and family. Someone you're close to cutting off contact because their partner told them to, or without giving a reason, could be a warning sign of abuse.
- **Bruises and Scratches:** unexplained injuries are one of the most obvious signs of domestic violence.
- **Constant Monitoring:** If someone you know is always calling, texting or verifying their whereabouts to their domestic partner, or is receiving constant, suspicious calls from them; it could be a form of abuse. Domestic abuse doesn't have to be physical – taking away your partner's freedom and autonomy is also a form of abuse.
- **'He just has a temper:'** If someone you know is always making excuses for, apologizing or explaining away their partner's controlling, aggressive or suspicious behavior, it could be a sign of abuse.
- **Trouble Focusing:** Victims of abuse often have difficulty concentrating. If a co-worker seems constantly worried and distracted with matters outside work, it could be a sign of an abusive relationship at home.

Domestic violence comes in many forms, and affects people differently, but it always involves an attempt by one partner to control and intimidate the other. If you or someone you know is a victim of domestic violence, get help right away by calling 311, or New York City's 24 hour hotline, 1-800-621-HOPE (4673).